

HOW TO TAKE A NERVE BATH: By Marion Martineau.

It Takes Wrinkles Out of the Face, Strengthens Weak Muscles and Allays Pain.



APPLY SPONGE CAREFULLY.

WRITTEN FOR THE SUNDAY REPUBLIC.

Do you know how to take a nerve bath? This is the latest society cure for wrinkles, tired nerves, and that faded-out, jaded look which comes into a woman's face when she has danced too much, or enjoyed herself too long.

It has come the season when too much of a good thing is worse than not enough. Dances have begun, cotillions are on the floor, and the society woman finds that she must be on the go from early morn' 'til late at night.

Early in the day she must make her charitable calls. Then come the luncheons. Then, perhaps, if she is a gay society woman, there are the bridge whist and the indoor ping pong. On other days she goes to the shows, for these annual events are now here; and she must look at roses, admire other people's pet dogs, enjoy the tabby cat, and rave over the equine.

All this would sap a woman's vitality sufficiently, even were it not for the evening, but the society woman finds that when dark arrives her day has just begun. She must start in upon another round of gaiety which lands her at home at midnight too tired to sleep.

ADVISED BY BEAUTY DOCTORS.

It would be asking too much of any woman to compel her to give up these things, which are so much a part of her life, and which are so dear to her; and the beauty specialist who has her good looks in his keeping has made special provision for the restoration of the nerves of the society woman, until he can do-day in and day out that she comes out, day by day, as good as new.

There is in New York a very handsome society woman who is entirely free from wrinkles. She has no lines around her mouth, there are no creases in her forehead. Her neck is smooth and her chin is curved. Her nose is the right color, and her lips are blooming. Even her eyes are bright.

She is taking the nerve cure. The nerve cure consists of three parts. There is the cure through the nostrils, and this is managed by the slipping of a cup of hot tea specially prepared. The patient has ordered for her a draught of the amber fluid made from the best of green-tea leaves. Into this there is put a slice of lemon, and to this there may be added, if the woman cares for it, a few drops of whiskey.

It is much better, the beauty doctors say, to go without this stimulant and to substitute for it a teaspoonful of the juice of quinces, which is very invigorating.

A cup is now filled with the fragrant fluid, and is held in the hand so that the fumes touch the face. The woman sits and breathes it, and sips and breathes, and the cup is empty. It should be as hot as can be taken comfortably, and it should be sipped not at a gulp, but little by little. The cup should last half an hour, and during that time the patient relaxes.

DO AS THE BRAHMIN DOES.

The Hindu Brahmin is said to be the only creature in the world who can relax. He is so gifted in this respect that he can, at any time, let go of all his muscles and absolutely rest himself. He has carried muscular relaxation to the point of a fine art, and if he falls down stairs he can instantly relax to such an extent that he lands at the foot of the stairs in a soft heap, not injured, and with bones unsprained and unbroken.

To relax requires practice. Lay your hands in your lap and try to relax them. Let the fingers lie loose without tension. Do not employ them in any way. Let the arms be perfectly lifeless, from the shoulders down. If you will practice this you will gradually get into the habit of relaxing the whole body, and it will become second nature for you to do so when you can.

When you sip your tea relax every muscle and, of course, loosen your clothes. By the time the cup is empty you will have had the nerve bath.

tion to the face. For this you will need an assistant.

RESTORING THE MUSCLES.

Take a bowl of steaming water and add to it a teaspoonful of powdered borax. To this add one tablespoonful of the best of toilet water. It is well to use a strong natural flower water, for this is more invigorating than the artificial perfumes.

Have the assistant dip a sponge in the water and apply it to the face, holding it on the wrinkles and sopping the skin with it until the face is thoroughly wet and almost steamed. This is very resting to the facial muscles, and they will gradually release their tension, and will relax so that the lines will be gone.

Before the woman goes out again she will want to have her face massaged with the wrinkle cream to take out the creases, and also to prepare the face for powder. Powder must never be applied directly to the skin. The outline must first be bathed with cold cream, and on this there can be applied the necessary amount of face powder. Very little cream is used, but it is massaged well into the skin, and it is absolutely necessary that it be applied or powder will be visible.

The treatment with the hot water and the sponge will tend to smooth the face. It will heat it, open the pores, cleanse them and make them fit for the later application of beauty lotions.

If the face will bear glycerine there is a very excellent skin lotion which can now be put on. Take glycerine, cut with a few drops of rose water, and massage it into the skin. Now wash off with hot water and apply powder.

DO AS FOR THE SKIN.

All cold creams and face lotions are put up with as well as without glycerine, and you can get what you want by asking for it. If you make your own lotions, you can put in or leave it out, just as it pleases you.

Another excellent bath to apply to the face when one is tired is a cup of white vinegar. This is made by taking a part of white vinegar and adding to it one tablespoon of violet water. To this add a tablespoon of white vinegar drawn off a bowl of violet.

To make this, you cover violet with pure white vinegar and let them stand a week. Water and bottle.

The third step in the nerve cure is that of relaxing the muscles of the whole body, and taking a little vigorous exercise. For this it is well to put on a gymnasium suit, and this can be quickly and conveniently changed. Have a pair of divided trousers or bloomers so cut that they almost look like a skirt. Have also a blouse with short sleeves and low neck. Let the patient sit herself and go through with a series of gymnastic exercises while seated.

She must not stand, for she has a hard evening before her, and she has probably been too much on her feet all day anyway. A flannel, poised upon the toe of the slipper, can be elevated and lowered until the patient is tired. She can take the flannel in her hands, if she wants to do so, and can throw it over her head, keeping hold of the handle. She can also tilt her seat far backward with the flannel in her hand. Let her exercise in unusual ways, and she will find herself greatly benefited.

TO BRIGHTEN THE EYES.

Lying down and sleeping half an hour will brighten the eyes more than anything else, and this is part of the nerve bath. The room must be darkened and perfectly quiet. Not even a clock should tick. The patient may also take a little quieting medicine, and for this there are some very good drugs of an extremely simple nature. The druggist will give you a few grains of something that is quieting.

It is really better, and you will agree with me, to take nothing at all in the way of drugs but to quiet the system with a warm drink. Catnip tea, herb teas of all kinds, mint, and even honest, make a palatable drink if properly prepared. The patient can take clear, with cream and sugar. A small wine glass of hot drink just as one is lying down to sleep will soothe the stomach and quiet the nerves.

to get to sleep quickly lie upon the left side. The weight of the internal organs is now thrown upon the heart, and they will tend to quiet its rapid beating. When you first lie down your heart will go pit-a-pat, and sometimes an actual palpitation takes place.

The weight of the organs on the heart will allay this, and it will soon become normal. Do not, however, go to sleep in this position, but as soon as you feel drowsy, which will be in two or three minutes, turn over and sleep upon the right side. This gives the heart a rest, and it can be quickly and conveniently changed. Have a pair of divided trousers or bloomers so cut that they almost look like a skirt. Have also a blouse with short sleeves and low neck. Let the patient sit herself and go through with a series of gymnastic exercises while seated.

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AN EXERCISE FOR LEG MUSCLES.

It is best to go to a dermatologist. If you do not want to spend the money, you can shave off the mole, but this requires courage, a clean, perfectly antiseptic razor, and a little skill. Moles and warts can be cut off, and they will not grow again.

Frankie-I have a birthmark in the form of a brown bump on my cheek. Is there any way of taking it off?

Perhaps your birthmark is a mole. There is something that is used in Paris, although I do not exactly recommend it. It is made by mixing half a dram of tartar emetic, two drops of croton oil and a quarter of an ounce of ichthyol plaster. Make a plaster exactly the size of the mole. Put it on and keep it on until it is very sore. Remove and let it heal. The objection to this is that it may make a running sore if the blood is not in good condition.

Reader-How can I reduce the size of my bust? I am troubled with a bust that is too prominent.

It is never advisable to reduce the size of the bust. In doing so you are very apt to induce cancer. The bust is filled with small blood vessels which when injured, become very sore, and cancer develops. This is more than anything else, the foundation for this awful disease. If you insist, then apply hot cloths and take exercise by removing your corset, and running around the center-table twenty times, night and morning.

Sufferer-Can the abdomen be reduced until it is just the right proportion for the body? I am of a very good figure except that I have a high stomach.

It certainly can. Stand in your stockings and lean forward so that you touch the tips of your fingers to the floor. It will probably take you some weeks before you can succeed in doing this, and the backs of your legs will ache where the muscles are stretched, but keep on, and as soon as you

can touch the floor you will find that your abdomen has been reduced five pounds.

Meanwhile, drink little, eat little meat, take plenty of vegetables, and walk around the block, or its equivalent, twenty times a day.

Anxious-I am compelled to work and my hands are very red. I keep them in hot candy all day long. Please tell me how to bleach them. It is too bad that you must keep your hands in hot candy so much. When you take them out of the candy at night and before you go home, rub them with vaseline if you can do so. Put on woolen gloves. As soon as you get home wash your hands in this mixture: One cup of bran, one 5-cent bottle of vaseline, ten drops of sweet oil, one tablespoon of castile soap. Mix well and divide into little bags the size of your thumb. Use one nightly.

Ellis-Is there any way to restore gray hair to its natural color?

Yes, by dyeing it. What is its color, for upon this the nature of the dye depends? And by the way, it may be stated that there are natural dyes which are not considered bad form.

Anxious-I am a constant reader of your beauty talks and am interested in it. I have trouble with my hands. Every time I let them hang down they turn red and the veins swell up like large cords-the veins are not large in my arms or in the rest of my body, but in my hands they are very large. Please give me a remedy for the redness and for the veins.

Have you not worn your sleeves too tight? Be careful not to let your arms hang down, but keep the hands on a line above the wrists, whatever that line may be. Your case will probably require considerable time to cure.

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This will keep you from being embarrassed by the swelling of the veins. Is your circulation over the body as it should be? It may be that you need a tonic.

Grandmother. No. 2-Please send the formula for the skin food given to "Grandmother," the one who wrote and told the happy effects the food had on her wrinkles. I, too, am a grandmother, and I do dislike wrinkles and would do anything to remove them. I have so many about the chin and neck, and my cheeks are beginning to sink in. I am a constant reader of The Republic, and have been for years, and I enjoy every word from your pen.

If Grandmother will make this cream and rub it into her skin every day after bathing in hot water, she will like the result:

Almond oil, 3 ounces.
Lanoline, 1 ounce.
Glycerine, 1 ounce.
Balsam of Peru, 1 ounce.
Tincture of benzoin, 20 drops.

Mix almond oil, lanoline and glycerine and add the balsam slowly, then the benzoin drop by drop.

Rub into the skin with such a movement as not to deepen the wrinkles. Sit before the mirror and notice how the lines run. Hold the cheek firmly when rubbing the side of the chin, so as not to pull other wrinkles into prominence.

R. C.-I have read your receipt for removing hairs from the face, but have lost the paper. Will you not repeat it? The hair grows on my lip, chin and side of face, and is coarse, bristly and very thick. The electric needle is too expensive, and I tried using a hair out with tweezers, but in a week or ten days they would make their appearance again. Your kind attention will greatly oblige me.

Pumice stone rubbed on the upper lip will take off slight growth of hair.

Ammonia is a poison to the roots of the hair, but it must be used with very great caution.

Try rubbing the hairy part of your face with pure peroxide of hydrogen. This bleaches the color of the hair. Put ammonia in the peroxide in proportions advised by your druggist.

Do not use this too often, and watch carefully to see if it agrees with your skin.

The electric needle is tedious, painful and of course, expensive. Usually you can readily find the proper person by looking in the advertising columns of the paper.

L. H.-I have terrible scurvy, hair on the face. I have tried so many things without relief, of course, expensive. Usually you can readily find the proper person by looking in the advertising columns of the paper.

Use the peroxide of hydrogen and ammonia advised for R. C., but be careful.

Again be careful that you do not injure your skin by using too much ammonia. It would be well for you to keep a good cold cream to use on the face.

Grace Low-I am greatly interested in your beauty talks and being a constant reader of The Republic, will ask you how to get rid of crow's feet, which are just beginning to show very plainly to my annoyance, and also to make the lines under the eyes disappear. I shall be obliged for your kindness.

The cream recommended for Grandmother No. 2 and rub gently into the skin, holding the flesh with the other hand firmly.

Always hold the flesh around the spot which you are rubbing. Rub across the lines.

Mrs. C. E. K.-For a long time I have been reading your kind offer of information concerning the toilet. I am a few questions I wish to ask, and shall be grateful indeed for some information concerning the same. 1. In regard to the hair, what is the best way to make it harmless and immediate coloring, both brown and black? I have read a great deal about walnut bark, is this the best of the walnut or the tree bark? I am in a country where they grow plentifully. 2. Concerning superfluous hairs, you say that one should not have a growth of hair upon the face. Above all things this is my greatest trouble. It is an inheritance, and I did not know it until you told me how to make it. I am mostly down and very soft, with a scattering of stiff hairs in places. 3. About massaging, I pound and rub and roll my face night after night, and still those deep wrinkles.

The hulls of walnuts make a brown dye. It is better for you to consult a dermatologist about the dye for your hair. For the hair on your face follow directions given to R. C.

You say you pound and rub and roll your face. My dear lady, you are making the wrinkles worse, I fear.

Try a gentle, rotary motion across the lines, holding the neighboring flesh firmly with the other hand, and use the cream given to Grandmother No. 2.

H. E. C. asks for a drying cream for greasy faces: Wash the face night and morning and use no soap.

Twice a week, after washing in warm water in which a teaspoonful of powdered borax to a quart of water has been dissolved, use this lotion:

Cologne two ounces.
Benzoin, one-half ounce.

For pores on the nose: Eat nothing greasy; bathe in water in which a few drops of benzoin have been poured-ten drops to a quart.

Use powdered borax and rose water daily - rose water, half a pint; and tablespoonful of borax.

Lallah-You will greatly oblige several of your readers by answering the following: How can outdoor exercise do you think necessary for a girl of 15 living in the country, either riding or walking, and what part of the day is the best for exercise? What should be done for a face pimpled, when there is no apparent cause? Will you suggest a way for caring for the face and hands at night before retiring-something simple, when the girl has only a short time to devote to "making up" for the night?

A girl of 15 cannot get too much outdoor exercise. The forenoon is the best time for outdoor walks and rides and drives, though the afternoon is better than none. A couple of hours vigorous exercise in the open air will do wonders. For the enlarged pores and pimples use the treatment directed for Mary C. G. Prepare the skin food recommended for Subscriber, and rub gently into the skin after bathing the face at night. Use powdered borax and rub on the hands every night; then draw on loose cotton gloves and sleep in them.